

BLISSTIES

**A short thesis on human relationship
management.**



Yatharth Rathod

Copyright © 2025 by Yatharth Rathod

All rights reserved.

No part of this publication may be reproduced, distributed, stored in a retrieval system, or transmitted in any form or by any means — electronic, mechanical, photocopying, recording, or otherwise — without the prior written permission of the author. This is a work of non-fiction. The information contained in this book is based on the author's research, experiences, and insights into human relationships and social psychology.

While every effort has been made to ensure accuracy, the author makes no guarantees of results

and shall not be held liable for any misuse or misunderstanding of the content.

This edition is published in India.

First Edition, 2025.

To my maternal grandfather,
a man whose strength was silent,
whose love was constant,
and whose values I carry forward — this work is a
reflection of all that you've poured into me

With deepest gratitude,
Yatharth Rathod.

About the writer



Yatharth Rathod is a 16 years old young writer from Mumbai, India. Initially he started his literary odyssey when he was just seven. He first stepped into authorship path by publishing his debut book '**99 life winning quotes**' at the age of 12. His writings are often based on actual incidents and they are always depth oriented. His chief aspiration is to convey his thoughts and social research to the world.

Blissties

The tittle of the book itself holds a purposeful history. The word 'Blissties' has been invented by blending two words bliss(which means joyful or peaceful) and ties(which here stands for relationships). The actual meaning of this term is the relationship which brings us real peace and happiness. This term is used to represent that type of bonding which satisfies our heart with great contentment.

Introduction

This short thesis is not just a piece of written matter but indeed it is a collective result of my mistakes, experiences gained through intense realisations and each break down of my life which taught me something utile to maintain blissties. Maintaining blissful ties, infact is challenging task, no one is born impeccable, I am also struggling with the same break downs, so you are. In this short thesis I have thoroughly observed and analysed my every phase of social ups and downs to present you detailed-oriented study on human relationship management. I hope my social research will help millions of readers to build a great social character and master the art of sustaining blissties.

The Deep Dolour

We often regret when human relationships are broken as some where or other these relations are deeply rooted in our inner heart. This regret can be so intense that it has strength to destroy our mental peace, selflove and collectively our social abilities too. Ultimately our relationship building capacity becomes zero, we feel a sense of haterdness and consequently face destructive thought patterns.



Mistakes on our part

First step in shaping your social character is leveling up your range of social understanding and acceptance. You can't change yourself unless and until you accept that you are wrong. So before embarking on this journey bend below your pride and allow yourself to transform and evolve your social character.



Resolving knots

Always naively humans has misunderstood two terms in their entire life and this is the point where we make harsh mistakes in maintaining blissful ties. These misconceptual terms are none other but two opposite similar looking siblings ego and self-respect. Many times people don't know the true nature of these term and creates unwanted chaos.

Ego

Ego is a sense of self pride which coats our mind with a layer of illusion and obstructs our eyesight to view and experience the world in its original state.

Self-respect

Self-respect is an essential ingredient in every harmonious human relation to give it a certain importance so that the person can maintain its social existence.

Ego enters Harmony exits

At many points of life ego becomes the major root cause of break downs. When we are in ego, our vision or sight faces challenges to give everyone equal respect. Our illusory mind starts considering others inferior. And at this particular point of life our brain completely forgets the importance of understanding and respecting others social existence. Atlast we end up by breaking other's self-respect and by declaring ourself a dimwit because of our pompous action.



Set up your own boundaries

When it comes to self-respect many people fails to set up appropriate boundaries which at the end leads to breaking up the limit of tolerance. Every human relationship needs specific boundaries to enrich. When we set proper boundaries we save ourself from bearing continuous detrimental behavioural patterns. We can also preserve social harmony.



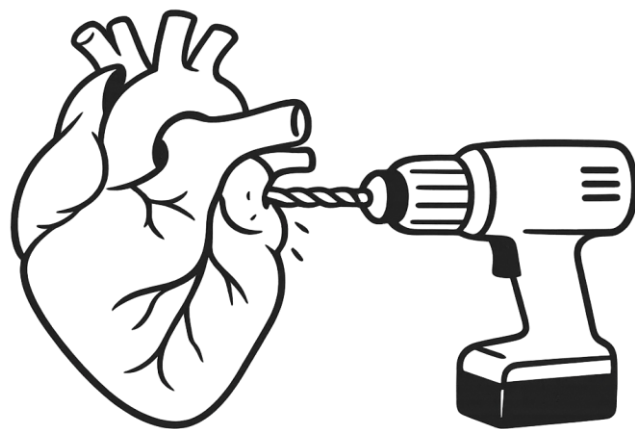
The uncontrolled tongue train

The flow of excitements is very uncontrolled process which may lead to break downs. In this process we often over react at some incidents without controlling our strong emotions. Listen and remember, one mindful control can gift you millions of delighting hours. In many cases, in hurry we reveal some secrets or anything confidential from someone who really has believed within us whole heartedly. This is the time where our hasty tongue bows our head and then leave us in life time regrets. This is the time to be mindful. In the flow of excitement we don't only reveal secrets we also speak angry insulting words which may harm our relation health. Human relation is not just a human interaction but it is a social connect which is very essential. Your hasty tongue should be

aware of this universal fact before throwing out anything rubbish. Imagine a train that never stops at right station, for obvious it would be useless. Same way allow your tongue to resort at the right words so that it can be useful in binding relationship stronger.

The drill of regret

Regret are sometimes boons where in some cases as deadly as curse. Regret for right relationships can teach us something concrete for living our life smother. Take this in my dear friend here again comes setting up your limits. Set your appropriate limits of regret. This limit should refrain the drill of regret to reach your minds mental peace but it should definitely make you realise where you messed up , where you didn't controlled your emotions and at what point you didn't thought for it.



The foolish drill

Then comes the inutile regret. This type of regret is totally a type of waste dumped by someone without civic sense in your mind. As I said before it is just an unwanted waste it will always obstruct your social growth. If I tell you that I have dug a deep, abysmal hole inside earth's surface for no use , for no gain you would definitely regard me as a fool. The same way you will too regard yourself a fool after some years, if you don't stop drilling it more. Mark! my dear friend just not drilling it more will not help you to come out of it entirely. As if the pit is left unfilled after some seasons, water will fill in it and will be converted into an inescapable swamp. These seasons represents the years of your life, never ever leave your drilled regret unfilled, make sure that you mandatorily fill it with the concrete of equanimity and true power of letgoness. Believe me this will calmly satisfy your soul and will make

you realise that you were drilling for something that was not mistaken at your part.

Vices vs Virtues

Sometimes long-termed relationships breaks down coming to an end due to very small vices or some small bad habit that we don't like or that is totally opposite to our opinions. We are fit to sustain in society only when we are not reluctant in matter of our opinions. Our own strong opinions should always be flexible. So that they don't harm other's opinion and can effortlessly nourish human relationships.

Bend with trend to sustain till the end.

Warning: But, always remember your flexibility should not cross the limit of righteousness.

Ignorance= A sign of affections and adjustment

If in an certain human relationship there is a vice in some person which is genuinely tolerable and has more many virtues than breaking that particular relation is not worth. You should have the art of ignoring things to a tolerable extent to make ties more affectionate and tighter. This act will ensure leniency and will symbolize your capacity of understanding things better. It will also give a golden chance to someone to improve. Always remember giving someone leniency can develop the feeling of familiarity and love.

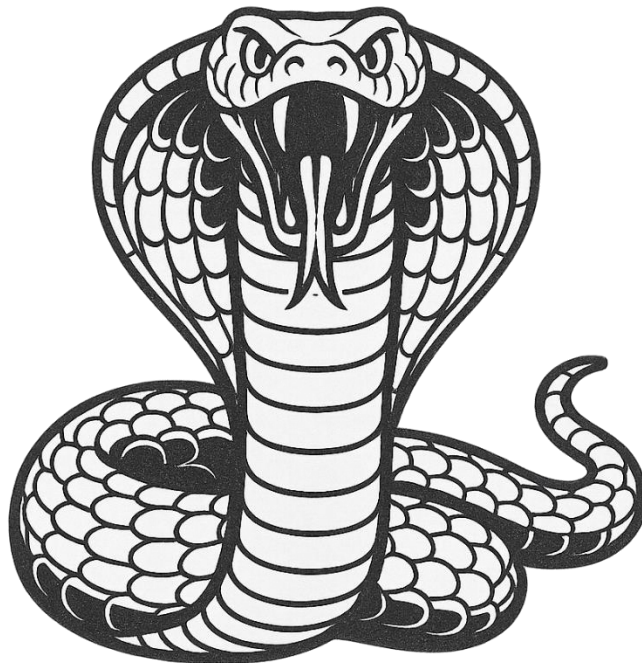


Be original for receiving originality

When we always hide our realities and fakely pretend, human relationships shrinks. The blossom in a relationship comes near to zero because when we fake, it creates a doubtful, suspicious type of image of us in that person's mind. And always remember these small images creates an action film and atlast decays the trust. In a human relationship receiving any actions from our beloved one's depends upon our interactions, reactions and presentations. The more purely and truly we act on these things the more authentically our bond gets binded. Your level of comfortness with any person always depends on how much open you are with that person

The venomous bite

Never ever enter in a human relationship that obstructs you from making peaceful ties with others. This harmful trend is seen in almost every deep and close relationship. If you will only stick yourself in a particular circle of people, you can't grow yourself in terms of social development. Diverse opinions are very essential to build a great social character.



A perfect pause

As plants needs some space to spread its roots wide. Every human ties needs some space to sustain. Again space is also a largely misunderstood concept people can't rightly make out the difference between space and distance. These two concept are similar but in real times fairly opposite.

Space

Space is a proper time given to an individual to spend some recreational time with his own mind to enrich the tendency of normalcy.

Distance

Distance is a long period of duration in which we often create conversational and connective gaps.

In every human relationship avoiding distance is important but giving space is essential.

The shackles of expectations

Expectation is a word which is alone capable of breaking deep ties. Many times we expect people to over react, to be over protective or to be over expressive at some points of our life. And if the person does not do these things we consider them as least bother or selfish. Observing this concept with an impartial eyes draws us in a conclusion that here again comes setting up appropriate boundries of expectations. Because the thing which is more important for you can be less important for others, so expecting at this point is totally incorrect. So the reason of conveying is that, set proper boundries of expectations to a worthy extend.



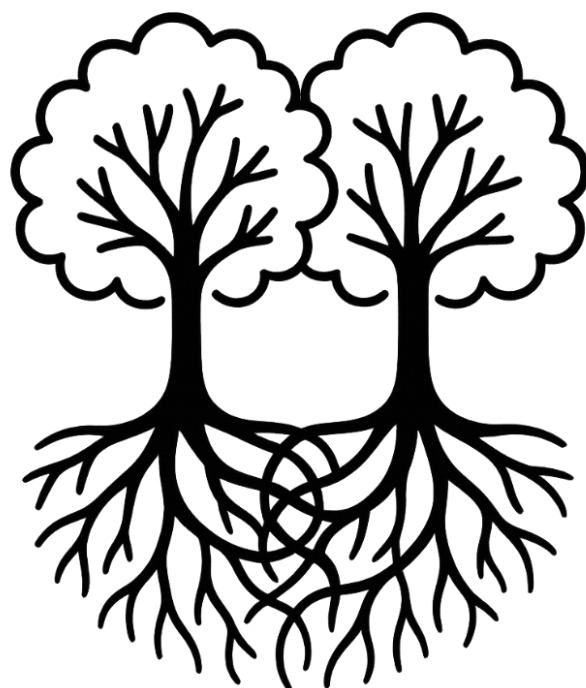
When you are really bored

Sometimes you break a particular relationship just because you are bored with it. Many incidents reveals that some people stop conversing only because they are fed up with the same person. At this particular period of time you don't need to change the person, you mendatarily need to change the environment. Changing up the environment is equivalent to gearing up your social abilities. When we change our environment our mind gets exposed to some unique type of opinions and thoughts which totally gives you an opportunity to exit the daily social wont.



Be a connector

The value of relationship becomes null when it does not constrain mutual understanding. My friend! Always be a person who does not need explanations but understands things smoothly. Be a true heart which never seeks for clarifications but mutually connects it without conveying things publically. Your this act will surely ensure the other person a hunch of affinity strengthening your intimacy.



The art of bestowing respect

Many deep bonds breaks in few matter of seconds when we don't give that person a proper respect or social existence. We often discuss some vices of our beloved ones publically. Your this mistake will give a chance to people to mock. By doing this you are not insulting that person but you are insulting your own social ability because your bond is the result of your own social character. Forbidden yourself from discussing things which will make your beloved ones down or leading to anykind of chagrin.



Filling up social potholes

Never in your life leave a misconception or conflict unresolved, always try to resolve them as quickly as possible, this act will exclude any kind of cognitive distortions ensuring stoppage to irrational thought patterns. These type of thought patterns have an pernicious impact on our relation health. They are almost unstoppable which keeps on rotting our bonds.



Lets be a healing soul

To create stronger and deep ties you always need to be a healing soul. To complete your social transformation, firstly you should train your ears to be a calming listener. When our beloved ones are in pain our heart should automatically start comforting their wounds. If you are devoted truly in any kind of relationship these type of things comes out in a super natural way, you don't need to instruct your brain, you really start experiencing their pain as yours.



Take a step backward

When our beloved ones angrily talks with us or starts yelling at us with out any reason, it hurts more than anything. This hurt is so deep that it is unexpressable in words. Our brain gets confused about how should we react at this intricate hour. At this point sometimes we too start yelling in anger on them , but my friend this is not the right action. Take a step backward, always remember manytimes the person is not bad but its situation is worst. Harsh situations makes the person rude. In this phase you need to have a rational outlook, you mandatorily need to calm them, make them aware about their actions. If this too doesn't work you should leave them alone to regain the tendency of normacy which can lead their way to self-realisation.

Unknown conversational gap

Second most damaging phase of our social life is when our beloved ones stops conversing with us without telling us any reason or cause. They literally start ignoring us. As per me this is the worst ever experience which entirely anguish our self-believe and attachment. At this phase we become helpless. In such crucial stage its vital to start conversation, although they disregard you but keeping his\her past social interactions you should always try once.



Swiping out toxicity

If in the both the above cases, our beloved ones does not becomes aware or they are not interested in maintaining further blissful ties than forget about them like they never existed before. Many times their memories triggers us with extreme nostalgia but this is the right time to set boundaries of self respect and wipe them out from your life. We should not hold a single regret in our heart and should avoid making it uselessly heavy. We often face with outrageous sorrow on these types of unjustified breakdowns. But command your brain to just erase them off.



Discovering truth

Always our silly heart and shaky brain
can't make difference between
attachments and attractions.

Attraction

Attraction is momentary period
phenomena or decision taken by our
wavery mind and hasty heart.

Attachment

Meanwhile attachment is a eternal
phenomena which is immutable,
unalterable and a true warmth of affection
chosen by our discerning brain and
empathetic heart.

Attractions are multiples but attachments
are irreversible.

The imaginary loop

Never allow your brain to create any kind of imaginary situational possibilities. Because these kind of possibilities block our mind by trapping it in a recurring if-else loop. In this continuous loop our mind keeps on making situations on situations and skips present hour reality. Due to this we loose our mind's consciousness and start acting as we were acting in that situation. At this movement break the loop, start stimulating your present and again pinch your brain back to the live hour. In the true sense I am advising you to stop overthinking, don't complicate your relations with these types of non-existent_imaginary questions. By doing this you can wipe out the fear of breakdown and try to live a doubt free present.



Sharpening realisations

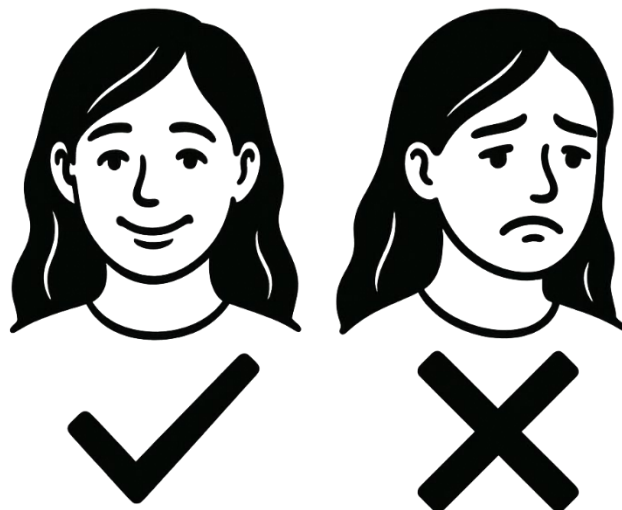
Receiving harmony in a human relationship is a phenomenal art which is always mastered through practicing sharp realisations. When you began realizing people, you can always closely understand them, you can make precise decisions and accurately determine boundaries.

Realisation here, terms as closely sensing every word, action, warmth or signals of hate. When we truly realise human relations, our heart experiences acceptance which instantly helps us to satisfy our soul and mind.

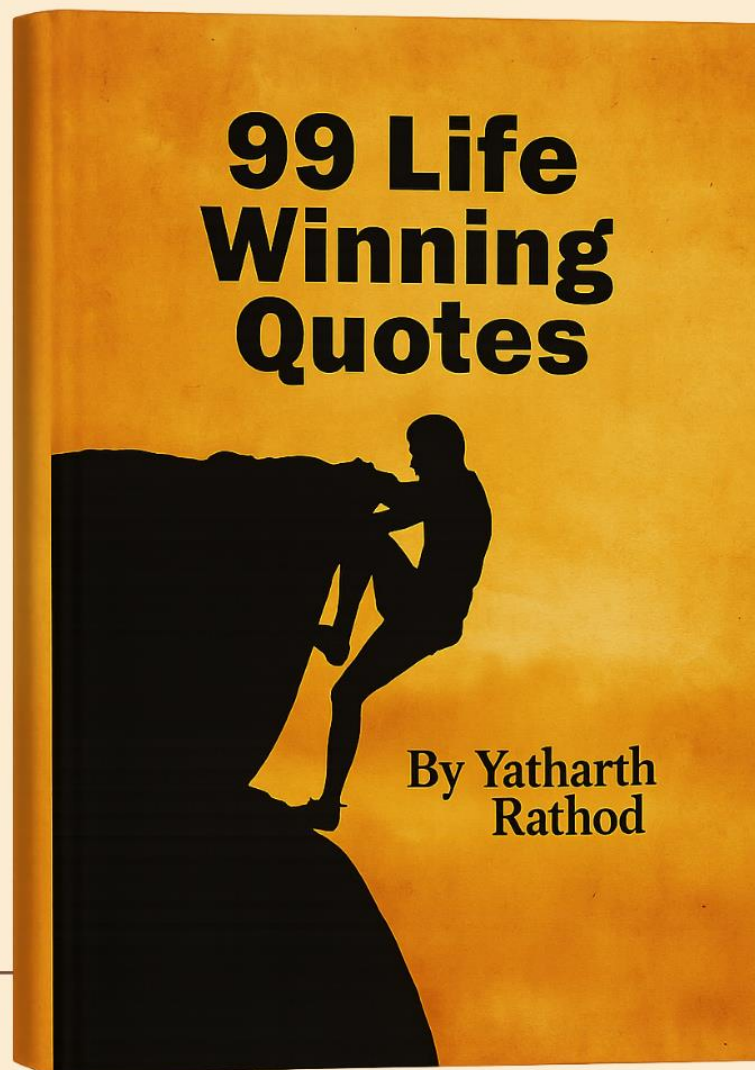


Architecting opinions

Visualizing from a practical view makes us realise that in building an ideal social character you also need to build your opinions. When you have already developed your opinions you can hold your stand in the society which symbolizes your individuality. True opinions are not influenced rather they are created by our own choices, aversions and real-life principles. Our opinions crowns up our social character because when a person build its opinion he naturally clears his perspective about what kind of people he needs to surround himself with.



Discover Yatharth Rathod's
inspiring debut book, start your
journey with

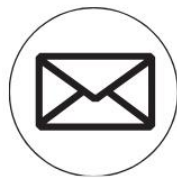


99 life winning quotes



Contact Us

Drop your honest reviews now on:



connectwithyatharthrathod@gmail.com



inocks10

